

Kingston Guardian



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April 7, 2016

60p



Bread roll-in-one

BALLS of bread flew from the Kingston riverside towards a floating hole in the Thames at the weekend as eager golfers tried for a hole-in-one.

The British Bread Open 2016 was won by Brent Davies, who celebrated appropriately after his ball bounced off the green.

All of the fun was to raise money for Creative Youth, which puts on the annual International Youth Arts Festival.

Pedro de Barros tees off with an unusual stance, as he attempts to get a hole in one



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‘Laughing’ student locked up after he
drove into university security guard

REPORTER
RACHAEL BURFORD

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AN uninsured student “smirked and laughed” before ploughing his car into a “courageous” Kingston University security guard trying to stop him fleeing the scene of a crash.

Talal Al-Hindi, of Raeburn Avenue, Surbiton, spent four days on the run after hitting 44-year-old Jason Butler on the university’s Penrhyn Road campus on July 10 last year.

The 20-year-old had borrowed a blue Ford Focus and was not insured to drive when he hit a Ford Ka in the university car park, Kingston Crown Court heard.

After trying to bribe the driver he hit with £70 and then giving a false name and number he tried to flee the car park as Mr Butler attempted to stop him.

CCTV footage showed Al-Hindi reversing into Mr Butler before putting the car into first gear and driving toward the exit at speed, a

judge was told.

Mr Butler hit the windscreen and rolled off the side of the car. The Kingston University student then dumped the car in a nearby street.

Mr Butler told the court: “When I threw my hand up and shouted ‘stop!’ he started laughing.”

“Until that point I didn’t seriously think he was going to run me over [but] then I realised I was in trouble.”

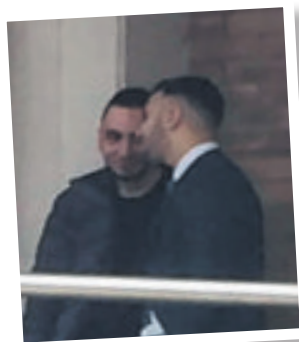
“It wasn’t an accident. He laughed and drove straight at me.”

Mr Butler added that he had sustained injuries to his knee, elbow and a five-inch-deep gash on his shoulder.

He also said he had suffered from post-traumatic stress.

Al-Hindi had previously admitted charges of actual bodily harm and dangerous driving but denied smiling and laughing as he ran over the security guard at a hearing on March 1, claiming he was in a “blind panic” when Mr Butler tried to stop him leaving the car park.

Mr Butler’s colleague Marco Vitelli, who also witnessed the crash, said: “He was smirking.”



Driver: Student Talal Al-Hindi, right, with a friend outside Crown Court

The defence team elected to go to a Newton hearing where a judge, sitting without a jury, would decide the severity of the sentence.

Mr Butler’s colleague Marco Vitelli, who also witnessed the crash, said: “He was smirking.”

“He was looking at Mr Butler. He put [the car] in first gear and accelerated quite rapidly.”

“That is when the smirking turned into laughing.”

Defence lawyer Laura Plant argued that Al-Hindi was under severe stress at the time because of family problems that had left him as the “man of the house” and suggested a “short, sharp shock” was needed.

Judge Andrew Campbell told Al-Hindi last Friday: “Mr Butler was courageously doing his duty.”

“I accept the evidence of Mr Butler and Mr Vitelli.

“I have decided that your intention was to get away, not necessarily cause injuries to Mr Butler.”

“But you were prepared to hit him to get away and that is what you did.”

Al-Hindi, who was convicted of common assault and drug possession after the university crash, was sentenced to 18 months in a young offender institution for ABH and dangerous driving.

He was also ordered to pay Mr Butler £500 compensation.



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ART DISPLAY: Artful Dodgers, a Surbiton art group, is returning to The Cornerhouse in Douglas Road for a second exhibition. About 60 paintings using various media will be on show and on sale. It runs until May 7, before moving to All Saints Church in Kingston. For more information visit artfuldodgers.wix.com/artful

TEAMING UP: London's air ambulance and Hampton Court Palace have teamed up for the 5km Royal Rumble through the palace's formal gardens and Home Park on April 17. The adventure is suitable for those five and over, and has been designed to help children with their numeracy, literacy and language skills. Groups will be asked to pay an entry fee of £45 and pledge to raise £150 for the charities. Visit londonairambulance.co.uk/events/royal-ramble-5km-family-challenge

DONATED TOYS: Gap Kids in Kingston is helping raise money for Great Ormond Street Hospital by donating items for bidding on Ebay. Parcel Hero has teamed up with the store in Kingston to collect children's toys and clothes from retailers and parent bloggers to sell on eBay, with all proceeds going to the hospital. Visit parcelhero.com/mumblesale

Some with mental health problems are having to go in cells despite 'last resort' guidelines

Police struggling to deal with the level of vulnerable people in crisis

REPORTER

RACHAEL BURFORD

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KINGSTON police officers are not immune to the struggle to find emergency beds or accommodation for vulnerable or mentally ill people in crisis, the force has revealed.

Across the country, emergency responders who attend people suffering a mental health crisis find there is often nowhere to take them apart from police cells – which the government has said must be the last resort.

Kingston's officers have used social media to reveal that their work "isn't all about crime".

The town centre team posted on Twitter that they had failed to find emergency accommodation for a "vulnerable woman" in March.

They said: "Been trying to get a vulnerable woman into emergency accommodation. Just been informed

there is none available. What now? We made her as comfortable as possible in the police station overnight."

Sergeant Dave Williams spoke about another example in which his team had to support paramedics with a "female alcoholic who [was] self-harming in a local hotel and [was] in desperate need of care" and added: "Three of our team supported this lady for six hours."

Research by the *Guardian* newspaper has shown that UK police are spending as much as 40 per cent of their time dealing with incidents triggered by some kind of mental health issue.

But Inspector Neil Allen, Kingston's mental health liaison officer, said the number of mentally ill people officers help is hard to calculate.

He said: "We might be called to someone who is going through a significant mental health crisis."

"On the other hand, we might stop someone who is feeling low or depressed but not in immediate danger."

"Certainly, for us, the last resort is putting someone in a cell. We work closely with Springfield [mental health hospital] and Kingston mental health authorities."

He added: "Training is an issue throughout the Met but it is something really being fo-



Last resort: Kingston police station

cused and worked on.

"At the end of the day we are medically trained for an emergency but we don't have degrees in medicine."

Legislation going through parliament will significantly limit the circumstances in which people in crisis can be held in a cell.

Dame Anne Owens, head of the Independent Police Complaints

Commission (IPCC), said she believes forces will struggle to comply with the rules, because the justice system is the "gateway to mental health services" and there is often nowhere else to take people suffering a crisis.

Approximately half of all deaths during or after time spent in police custody involve detainees with some form of mental health problem, according to IPCC figures.

The new legislation comes in the same month the IPCC concluded a report into the death of a 31-year-old man in June last year after he was held in a Kingston police cell.

The man was detained at Kingston before being taken to Springfield Hospital.

He later died at St George's Hospital.

An IPCC spokesman said there is no indication police actions contributed to the death and the report will be published after an inquest in the summer.

Neighbouring Surrey Police has reduced the number of people with mental health problems detained in cells from 19 to 4 per cent in the past year.

A spokesman said: "Police officers and staff are not specialists in dealing with mental health issues and should not be the primary agency for responding to people suffering with mental illness."

"Individuals detained under the Mental Health Act have ended up in custody because there was simply no alternative available."

Children experience open day in court

CHILDREN were locked in the cells before giving evidence in the dock at Kingston Crown Court.

The Penrhyn Road court held an open day so people could experience what it was like to go on trial, give evidence and dress up as a barrister.

The event on Tuesday afternoon attracted Kingston residents and families that would never usually see the inside of a court room. Kingston police even brought along officers and horses from the Metropolitan Police's mounted unit.



Up before the beak: Judge Kent with Lanishka and Mervyn Raj

Police host event for families

POLICE hosted an emergency services showcase in Kingston's Market Place.

Vintage police cars, current emergency service vehicles, horses and police equipment were brought along. Officers were joined by paramedics and firefighters on Wednesday.

Youngsters could see what it was like to wear handcuffs and get in the back of a police van.

Sergeant Dave Williams said: "For me, policing isn't all about crime. It's about being part of a community, for the good of the community."

"It was great to bring the police, ambulance and fire services together in a fun way and to be able to meet so many families enjoying the Easter holidays."

"We look forward to the next event."



'Ello 'ello: Inside a police van



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Ex-MP's life 'ruined'

A FORMER Conservative MP was on the verge of tears as he accused the Metropolitan Police of "irreparably" ruining his life after an investigation linking him to the killing of a boy in Kingston was formally dropped.

Harvey Proctor, 69, was cleared of being part of a Westminster paedophile network which allegedly sexually abused and murdered three children during the late 1970s and early 1980s, including a boy in Coombe Hill, after the force dropped Operation Midland last week.

The former MP for Basingstoke and Billericay was twice interviewed under caution as part of the investigation, which lasted for 18 months and was sparked by allegations from a single source, known only as 'Nick'.

Speaking in an emotional press conference last Wednesday, Mr Proctor renewed his call for Met Commissioner Sir Bernard Hogan-Howe to resign and said Home Secretary Theresa May should "consider her position".

He said: "I have been pilloried and the Met Police service has enabled me to be wrongly depicted as a paedophile, child abuser, child murderer. I hope they're proud of themselves for irreparably ruining my life."

Book will help readers revisit 'good old days'



Memories: Some of the images from the new book chronicling the borough's past

A BOOK commemorating some of the borough's most historic and memorable moments of the past 100 years has brought never-before-seen photographs together for the first time.

Just published by True North Books, *Memories of*

Kingston aims to 'encourage questions from inquisitive children, longing to understand and share the memories of Kingston'.

Key moments such as Kingstonian FC winning the FA Amateur Cup in 1933 are represented in the book, as

well as evocative images of the skyline, Kingston Bridge and the ancient marketplace, dating back to the 1930s.

Photographs of royal visits feature prominently in the book. One of the oldest shows young children waiting with excitement at the

prospect of seeing Queen Victoria open Kingston Power Station in 1893.

Shekina Popper, from True North Books, said: "We specialise in reminding readers of how their life once was in the 'good old days'."

Visit truenorthbooks.com

Bail again for driver

A man arrested on suspicion of killing a Kingston University student through dangerous driving has been released on bail again, a year on from her death.

Hina Shamim, 21, was killed while crossing Penryhn Road outside the university as she went to hand in her final piece of coursework on Tuesday, March 31, 2015.

A 34-year-old man was arrested soon after on suspicion of causing death by dangerous driving.

The Metropolitan Police confirmed the man, who has been bailed several times over the last year, was re-bailed again this week. He is expected to report back to a police station in mid-May.

Miss Shamim, from Peterborough, was in her final year as a sports science and nutrition student when she died.

She was just weeks short of her 22nd birthday and was due to graduate soon after.

Friends and family described her after she died as a "lovely person" who loved Kingston and "felt it was her home". A tribute poster left at the crash scene read: "This dawn she's vanished, but shining in everyone that knew her, like the sun."

British Transport Police boss says it has 'listened carefully' Plans to shelve sexual assault unit scrapped

REPORTER

ANDREA DOWNEY

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BRITISH Transport Police (BTP) has reversed plans to scrap its London sexual assault unit after public outcry.

Last month BTP announced it would disband the unit as part of a structural review, which would have seen sexual offences investigated by officers in general teams.

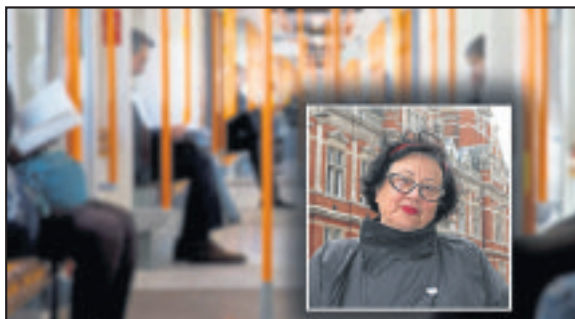
It sparked outrage among women's rights campaigners who labelled the decision "disturbing" and called on BTP to explain its reasoning.

BTP recorded 1,399 sexual offences in 2014-15, up 282 on the previous year.

Assistant chief constable Mark Newton, who previously defended plans to scrap the unit, admitted it had "unintentionally caused concern".

He added: "Through our crime review we are committed to ensuring that more of our officers have the skills to support vulnerable victims and are given specialist training to target and prosecute offenders."

"However, over the past week, we have listened carefully to the views being expressed about the



Clear message: Gill Manly, of the Women's Equality Party

decision to absorb officers from the sexual offences unit in London into our wider crime investigation plans and acknowledge that this may unintentionally have caused concern.

"This concern undermines everything we are trying to achieve. That is why we have decided to halt any proposed changes to the sexual offences unit whilst we carry out an urgent review of the implications of this decision."

Gill Manly, Croydon Women's Equality Party branch leader, called the plans "blinker" and "not a good move".

She said: "You should be able

to catch any form of public transport and feel safe. It is not just about women, it is about anyone - we must all feel safe and that is the important part."

BTP set up Project Guardian in 2013, a multi-agency project involving the Met Police and the City of London Police, after a Transport for London (TfL) survey found 90 per cent of unwanted sexual behaviour on the transport network went unreported.

It was created in conjunction with three women's organisations, the End Violence Against Women Coalition, Hollaback London and Everyday Sexism.

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FASHION SHOW: Tickets for a fashion show in aid of Kingston Hospital Dementia Appeal have gone on sale. The two-and-a-half hour show starts at 7.30pm at the Shiraz Mirza Hall in Manor Park on April 25. Tickets costs £5 and can be bought from Suttles the stationer in High Street, New Malden or by calling 02083 932434.

VISIT GALLERY: Linda Walsh and Jenny Armitage are the next artists to be showing their work at the Fountain Gallery, opposite Hampton Court Palace, from next Tuesday. Whilst Ms Walsh works with textured wall pieces, Ms Armitage works with sculpture. To see their exhibitions, visit the gallery in Bridge Street until Sunday, April 17 from 11.30am to 5.30pm.

CARE RAFFLE: Tesco and Sainsbury's in Molesey raised £100 for Linwood care home's Easter raffle. The supermarkets donated Easter eggs on Wednesday, March 30.

BEAT BURGLARS: Kingston police are running a 'beat the burglar' event in New Malden. The April 16 talk will focus on why burglary happens and the changes you can make to reduce the chances of being burgled. Chief Inspector Gary Taylor will lead the one-hour session from 10am in New Malden Methodist Church. Email Alison.mcwhinnie@outlook.com.

POLICY DEBATE: Kingston's parking policy will be discussed at the next residents committee on April 12 from 7.30pm at Guildhall.

Doctor who found victim tells court of terrible blistering she suffered

Acid defendant's brother sent 'face melter' message

REPORTER

EMILY FORD

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THE brother of an Old Malden man on trial for allegedly throwing acid in a woman's face had messaged a friend after the attack to say "keep an eye on the news".

Prosecuting in the trial of Billy Midmore, Kerry Maylin read out a selection of messages between the pair starting on September 18, after the attack near Turtle Bay restaurant.

One message from Geoffrey Midmore featured an image of a box of domestic drain cleaner, with the caption "This is the one. Face melter."

Southampton Crown Court heard on March 1 how Carla Whitlock was discovered by a city doctor collapsed on the floor with blisters covering her face, sore and bright red eyes and holes in her jeans and top from corrosive acid.

Dr Micaela Barradas told jurors she heard screaming as her and her friends ap-



Trial: Carla Whitlock, left, and Billy and Geoffrey Midmore

proached the restaurant in Guildhall Square before spotting "two or more men" running away from the scene.

She said: "She collapsed to the floor clutching her face. That's when I approached and offered my help."

"There was lots of redness and blistering on her face, it was dripping on to her black jeans and turning it white."

"My instinct was to not touch it and not let anyone else. She was very distressed. I asked staff from Turtle Bay

to just get jugs of water and keep them coming and I tried to reassure the woman and keep her calm."

"She had a corrosive substance that should be nowhere near eyes thrown in her face and there was significant risk this lady could be rendered blind as a result of the attack."

Dr Barradas' friend Berken Fuat told the court it looked like Carla's "face was melting" when they approached her.

He said: "It smelt like burning skin. Carla was screaming because the water was affecting the pain, she said her eyes were burning and her chest, she kept calling out for her partner."

Ms Whitlock told the court earlier in the trial it felt like her face was on fire.

Billy Midmore, 22, has denied one charge of causing GBH with intent while his brother, Geoffrey, 26, has already admitted the same charge.

The jury heard Ms Whitlock was a drug addict and bought drugs from the Midmores.

It is claimed that the attack was jointly carried out by the two brothers who blamed Ms Whitlock for a drug deal which went wrong.

Ms Maylin said: "They were brothers in name and brothers in action."

She told the court on the night of the attack Ms Whitlock and her partner had already spent most of the day around the city centre as they were too scared to go home.

The trial continues.

Mayoral manifesto

YMCA London South West (LSW) wants the next mayor of London to tackle rising levels of rough sleepers, a lack of housing and low wages.

Young people aged 16 to 24 spent a year working on a manifesto to include the topics they thought were the most important for candidates to take on.

They said they wanted mayoral candidates to create a London living wage for people under 25, invest in alternative models of supporting young homeless people, fund mental health training for the police and create accommodation opportunities on unused land.

The South West London chapter has been operating in Kingston, Elmbridge, Richmond, Merton and Wandsworth for more than 140 years.

Richard James, chief executive of YMCA LSW, said: "Rising costs of accommodation combined with an inequality in wages and lower levels of physical health all mean that vulnerable young people are worse off than almost all other age groups."

"The next London mayor will have the difficult task of overcoming this issue and preventing the capital from losing a generation of young people."

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Memorial parade: Colin Hall and Cllr Ken Smith

Tributes to war vets

THOSE who died in the largest ever airborne military operation were honoured by Kingston's deputy mayor along with the mayors of Sutton and Croydon.

Cllr Geoff Austin and Cllr Ken Smith paid tribute to veterans and victims of the Second World War's Operation Varsity.

Tolworth resident Colin Hall, now in his 90s, fought in Operation Market Garden and led a parade in Manor Park in March.

He said: "This event was to remember those who died in the operation, including many local residents."

The Y:Cube apartment block may be built on St Mary's church hall site

YMCA in talks with church about affordable housing

REPORTER

ELLIE CAMBRIDGE

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A YMCA Y:Cube accommodation block could be built on the site of St Mary's church centre in Chessington.

Church leaders are negotiating with the charity over affordable housing plans in Church Lane, and revamping the centre.

A key concern for the church was a rise in the rent it pays to Kingston Council, a potential problem if costs rose beyond its means.

Council leader Kevin Davis said: "My bigger concern was the future of that building."

If built, the affordable housing would only be available for nurses, teachers and others.

Cllr Davis added: "We are sitting patiently waiting to hear that they have got some exciting project to take forward. I think it would be a



A YMCA Y:Cube

good thing for everybody."

Reverend Scott Edwards, vicar at St Mary's, said: "The working group and the parochial church council are looking at a number of options ranging from accepting the increase in rent that the council have requested through to a possible re-development of the site in partnership with the YMCA,

through to looking at the feasibility of building a small church hall on the lawn beside the vicarage.

"We are working hard looking at the feasibility of all of the options. We have had constructive and positive conversations with the YMCA about a potential re-development of the site to include a new community

centre and some Y:Cube accommodation."

Simon Tanner, from YMCA London south west, said: "We are talking to the people at St Mary's to see whether we can do something about improving the community facilities there and see whether we can put affordable housing there."

The first Y:Cube development was unveiled in September last year in Mitcham. All 36 flats are affordable and rented out, with half of the residents coming from YMCA hostels, with the other 50 per cent nominated by Merton Council.

Each flat is 26 sq m and has a kitchen, separate bedroom and an en-suite toilet and shower.

Chessington South councillor Rachel Reid said: "We need the full details of what the Y:Cube scheme intends to provide on the site, what community facilities will be retained and then we can start to look at whether St Mary's is the right location or not for the proposal."

Plans for hour ban on parking

THE Molesey community is taking a stand against Hampton Court rail commuters taking up spaces in residential streets by proposing a one-hour parking ban.

Councillors and residents alike are taking advantage of the upcoming Elmbridge parking review by Surrey County Council – originally scheduled for next month but pushed back to the autumn – by mooted the one-hour ban to stop those who travel from Hampton Court station parking in roads like Bridge Road, Manor Road and Hurst Road.

East Molesey councillors Steve Bax and Peter Szanto argue that the residential roads are "blocked" throughout the week as commuters contend for free places to park, while Hampton Court station's car park is said to be underused.

Shop and restaurant owners in Bridge Road claim customers are also struggling to find places to park.

Cllr Bax and Cllr Szanto argue the proposal will give a "significant boost" to Bridge Road retailers "as it frees up parking spaces for their customers in nearby roads for most of the day".



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Nursery fined £180,000 after pleading guilty to two health and safety offences following 22-month-old's death

Parents of toddler who died after choking on jelly cube say 'We have been let down'

REPORTER

PIPPA ALLEN-KINROSS

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THE devastated parents of a toddler who died at a nursery after choking on a raw jelly cube say they have been "absolutely let down" after the company was fined £180,000.

Tiya Chauhan was just 22 months old when she was briefly left unattended and swallowed the jelly at the Dicky Birds Nursery in Dunderdon Road, Wimbledon, on August 23, 2012.

She was found face down and unresponsive on the nursery floor by a member of staff and was rushed to St George's Hospital, where she died the next day.

Dicky Birds, which runs nurseries in New Malden, Raynes Park and Surbiton, says it has taken full responsibility for the tragic accident from the earliest opportunity and pleaded guilty to two charges – failing to ensure Tiya was not exposed to the risk and failing to make suitable and sufficient assessment of health and safety risks.

Now Tiya's parents Dipa and Chetan Chauhan, of Graham Road, Wimbledon, have spoken out for the first time about the devastating effect her death has had on the family and their two other young children.

Mrs Chauhan said: "She was forming a personality. She had a good bond with her brother. She was a happy child. The fact she's gone



Tragic: Tiya Chauhan

has left a big hole in our family. It's had a huge impact on all of us."

The couple both left their jobs after Tiya's death, and now find it

hard to trust anybody to look after their son, eight, and daughter, two.

Mr Chauhan said: "We have been absolutely let down."

Dicky Birds, which runs six nurseries and an after-school club, was fined £180,000, and ordered to pay legal costs of £17,234.50 at Kingston Crown Court on March 21.

But the Chauhans have described this as a "drop in the ocean" for a company with an annual turnover of £7.5 million, and expressed frustration with the nursery's ongoing campaign to raise awareness about the dangers of raw jelly.

Mr Chauhan said: "During the inquest they kept blaming the jelly, and not realising that the jelly was just the outcome of how they were

set up to function on that particular day. It was the lack of supervision and a risk assessment that should have been done, and if it had our daughter would be here today. The jelly wasn't the problem."

In a statement, owner of Dicky Birds Nurseries Rachel Berry said: "Dicky Birds has taken full responsibility for this tragic accident from the earliest opportunity. That is why we decided not to contest either of the health and safety charges brought against us."

"We know jelly cubes are still used by some nurseries and feel more needs to be done to raise awareness of the very specific risks of raw jelly both at nurseries and at home."

"I cycled 100 miles to help raise £26,000 for the local children's hospice"

Kirsty Hayward, East Ham,
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So proud after hat-trick of food awards



Winners: Riverside Vegetaria

THE owner of a Kingston riverside restaurant is "so proud" after scooping the award for the best vegetarian restaurant in London for the third time.

Riverside Vegetaria was awarded the London Best Vegetarian Restaurant Award at a ceremony on March 29.

The event, Food Awards 2016, was organised by Creative Oceanic.

Owner Ritchie Sakthivel, manager Vishal Dhorasoo and chef Prabakaran Arunasalam, pictured, thanked staff and customers.

Bates backed

KINGSTON Hospital's council of governors has appointed Sian Bates as chairman of the trust for another three years.

Mrs Bates was chairman of NHS South West London between 2011 and 2013 before starting work at Kingston Hospital.

She said: "I am thrilled that the governors have confidence in me to continue with the work I have been doing. I have been so inspired by what I have seen our staff delivering for patients."



Falafel lover: Jeremy Corbyn

Kebab shop wins award

A KINGSTON kebab house has been crowned the best kebab restaurant in south London.

Labour leader Jeremy Corbyn spoke to an audience at the Westminster Bridge Hotel last week as he discussed all things kebabs, despite being a vegetarian.

Cappadocia, in Fife Road, took home the award for best kebab restaurant but lost out on two other awards it has also been nominated for – best value and best customer service.

Owner Jimmy Gizli said: "We are working hard to make it a success. I was very proud we won the award."

Mr Corbyn suggested eating more salad and said he did not eat kebabs but waxed lyrical on falafel.

It's all smiles for Emma and Gary after tying the knot in unusual style

We do: Wedding bells ring in the magistrates' court

REPORTER

JON MITCHELL

jonathan.mitchell@london.newsquest.co.uk



A SURBITON couple have spoken of their special day after becoming one of the first couples to get married at Kingston's Guildhall.

Emma, 46, and Gary Lucas, 51, tied the knot at the Guildhall on Friday, October 30, last year, the same month wedding services moved from the Kingston Register Office in Coombe Road.

For the past six months, Kingston couples have been able to get married in the renovated magistrates' court at the Guildhall, an opportunity too good to miss for Mrs Lucas, who works for Kingston Council as a human resources manager.

Some of her wedding guests even found themselves, unexpectedly, in the dock.

She said: "I can't remember how it came about really, but I wanted to be first."



Tying the knot: Emma, 46, and Gary Lucas, 51, got married in the converted magistrates' court

"It seemed to just go in such a flash really."

"My boss said, 'I think you should get married here' and I just laughed, but then I just thought actually it's in the centre of Kingston."

"I think once we saw it, it made all the difference. We knew we made the right decision."

With Mrs Lucas a widow

and her husband-to-be a divorcee, the couple at first found themselves struggling for options when searching for a venue.

Having been together for seven years, they opted for a simple wedding, with about 25 guests gathering at the Guildhall for the ceremony.

Mrs Lucas said: "You're kind of stuck as to where

you can go, you can't do a church wedding."

The former Kingston Register Office in Coombe Road closed its doors in October last year.

The three-storey Edwardian building was sold to a developer earlier this year to be converted into 14 luxury flats.

Parents 'forced out of work'

THOUSANDS of single parents in London are being forced out of employment due to childcare costs, claims a new report by a charity.

According to the research by Gingerbread, parents often have to reduce working hours or are forced out of work altogether to save childcare costs.

In order to address this, the charity is calling on the London mayoral candidates to endorse a childcare deposit guarantee which would support parents going into work with an advanced payment of childcare.

Chief executive Fiona Weir said: "On average, single parents in London spend roughly half their income after housing costs on a nursery place for a child."

"And for parents of pre-school children, the situation is even more challenging, with little affordable support in place."

The report, released on Wednesday, found half of the London parents surveyed said they had had to borrow money to pay for childcare in the past two years, and one in six were under-employed due to childcare needs.



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- Turkish Belly Dancing - Beginners (S00946), starts 26/04/2016, 7 – 8.15pm, 5 weeks, £44
- Collage with Mixed Media (C01774), starts 07/06/2016, 6.30 – 9pm, 5 weeks, £96
- Creative Writing for Self Development (C01776), starts 07/06/2016, 7 – 9pm, 5 weeks, £70
- Philosophy - Introduction (C01777), starts 07/06/2016, 7 – 9pm, 5 weeks, £70
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Hillcroft will also be offering a range of summer workshops for women - details available from late April. For more information, call 0208 399 2688 or email enquiry@hillcroft.ac.uk



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'Londoners are fed up of hearing words that mean nothing'

Lib Dem Caroline sets out her mayoral stall

REPORTER

JON MITCHELL

jonathan.mitchell@london.newsquest.co.uk



LIBERAL Democrat candidate Caroline Pidgeon has claimed that the lack of 'big characters' in this year's London mayoral race has thrown her into the frame to be elected in May.

Over the last five years, the Lib Dems' decline has been particularly reflected in Kingston, where both a Lib Dem council and MP have been displaced by the Conservatives.

In Richmond the party lost veteran MP Vince Cable and suffered a heavy blow in council elections.

But in Sutton it remains a force to be reckoned with, despite losing one of two Parliamentary seats.

Ms Pidgeon insists sunnier skies lie ahead. She said: "I'm not an outsider, we haven't got any big characters like Boris or Ken running. Londoners are fed up of hearing words that mean nothing when you analyse them."

"Some things I'm saying are quite controversial. Not every-



On the campaign train: Caroline Pidgeon in New Malden

one will like them, but they know where I stand. It's really important to have radical things to say."

Among others, her policies include a levy on diesel vehicles in central London and a £2 tourist tax on upmarket hotels.

In what she acknowledges is London's biggest issue, Ms Pidgeon also pledged a 'home-build-

ing revolution' – 200,000 homes in four years, including 50,000 'genuinely affordable' social homes – through a continuation of the recently-lapsed Olympics tax precept.

A constant cause of debate in Kingston has proved to be not just building more homes, but also finding sites to build on.

Ms Pidgeon added: "There are ways you can build homes and some of the quantity you need without building these huge high-rise monstrosities. It's got to be in keeping with areas and it's got to be high-quality design."

"I wouldn't build on the green-belt, it's served us well in terms of protecting us from flooding and things like that in London."

Labour's Sadiq Khan and Conservative Zac Goldsmith remain the frontrunners, but Ms Pidgeon believes her experience will count.

She said: "I've got eight years on the London Assembly, I know City Hall inside out. When I talk to Londoners about the issues, they like what we're saying, they're refreshed to have a female candidate who is serious about London."



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Letters may be edited for space, clarity and legal reasons

ONLINE OPINION

Comment on stories at
kingstonguardian.co.uk

Where is the best chippy in south west London, Epsom and Elmbridge?

Walton Fish Bar in Terrance Road is amazing! Fish and chips is my mother's favourite and I have to drive from New Malden to Walton for fish and chips because she won't have it from anywhere else.

MICHELLE66123

Without a doubt Fridays in Hersham. Always cooked fresh, fish always delicious and plenty of it. Best in Elmbridge and I have tried many.

SUSAN.DUNKLEY

Pisces in Surbiton is the best by far. Chips are very nice and I love the calamari. They deserve a lot more credit than they get.

OLIVER DAMONTE



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If complaining about third party comments on our website articles, you should use the 'report this post' function online next to the comment.

Caring trial

WHEN you are caring for someone with dementia it can be a challenge unlike any other.

I know first-hand from looking after my father that while it can be very rewarding, it's also all-consuming.

I was trying to give myself to everyone – my dad, my partner, my daughters and work. There weren't enough hours in the day.

Alzheimer's Society recently found that nine in 10 carers for people with dementia experience feelings of stress or anxiety several times a week.

Despite this, many carers find it difficult to take time out of their caring commitments to access help and support. And when they do, they face waiting times of more than a year. An immediately accessible form of therapy could provide a much-needed solution.

Caring For Me and You is a research trial that will test tailored online cognitive behavioural therapy and support specifically designed to help carers of people with dementia find ways of coping with the pressures of their role.

The research team needs any carers of people with dementia who have felt the emotional pressures of caring, and who have access to a computer, to come forward.

To check your suitability for participating in this study, register at caringformeandyou.org.uk.

ARLENE PHILLIPS CBE
 Alzheimer's Society ambassador



Borough view

A reader spotted this flower on a walkabout in Surbiton. To see your photo featured in Borough View, email it with details of where you took it to rachael.burford@london.newsquest.co.uk.

Dirty town

KINGSTON has become dirtier as well as less friendly year by year.

Already over-populated as you shoehorn more and more people into each square foot.

Extortionate parking fees, congestion and gridlock are daily events.

Born and bred in Kingston I see local people's views completely disregarded in favour of the big developer whose driving force is the pound.

Carl Leaver
 Chessington

Eden fiasco

JUST like the old Post Office saga last year the same has happened with the massive Eden Walk application.

Members of the Kingston Residents Alliance and the Kingston Society have spent many unpaid hours putting together their speeches and a presentation to be delivered in front of the committee meeting on March 23, only to be told that it was now postponed.

Anthony Evans
 New Malden

Worried about Ks decisions

I WRITE this to the board of Kingstonian FC.

It strikes me that, over the next few months, two huge decisions will be made on behalf of this great club: where they play home matches and who owns the club.

There are very few confirmed details in the public domain about either decision and there has been precious little consultation of supporters. I would be delighted to back both the proposed move to Chessington and the move to community ownership, but only if I am confident that both are the best for the club.

There has been no adequate explanation of why a move away from Kingsmeadow is in the long-term interest of the club, nor why there appears to have been no attempt at negotiation with Chelsea over possible arrangements for a ground-share.

Or, with the money that is presumably coming to Ks for vacating Kingsmeadow, it must surely be possible to upgrade the athletics stadium to allow senior football to be played there whilst removing the need to uproot Kingstonian from the centre of town. Why is a permanent

groundshare at, say, Corinthian Casuals or Hampton and Richmond Borough not an option?

Is there still a plan for Kingstonian to become "community owned" by the end of this season? And if so, why has there been no consultation with fans aside from an internal steering group with no published notes or discussions?

The idea of the club being community owned is one I agree with. I would much prefer for the supporters – or at least their democratically elected representatives – to be the ones to

take decisions on behalf of the club. Is there a timeline for this change in ownership?

When the club communicates, and fans engage, the results are almost always positive. That is what I'm calling for now.

The fact that two huge decisions are about to be made with no supporter-involvement and with no alternatives being offered for either makes me worry about the true reasons behind those decisions.

GARY EKINS
 Ex-board member of the Ks Trust

Solution to animal cruelty is not keeping our pets indoors

Editor Andrew Parkes has a number of thoughts every week, here are just five of them

5 THOUGHTS OF THE WEEK...

1. ANIMAL cruelty is on the increase, or at least judging by the number of appalling things being done to cats it is. Beheadings, kicking them to death and ripping off their limbs are just some of the horrors reported. I wouldn't equate such acts to the barbarism inflicted by IS but a spokeswoman for animal rights group Peta certainly missed the point. Her solution to the problem was to keep all cats in the house. Imagine if our reaction to terrorism was never to go out.

2. I didn't do work experience at school. Now I get hundreds of requests from youngsters wanting to join the newsroom for a week.

But sadly a mixture of red tape, reducing resources and an abundance of degree students on journalism courses means we have to turn down school pupils. Every time I have to say no it makes me a little bit sadder.

3. Is it just the time of year or perhaps the fact that we didn't have a harsh enough winter to kill off all the bugs, but for some reason everyone in the office seems to be sniffing and sneezing. My mum reckoned that if the ground didn't freeze solid for at least two weeks in winter then we would all

suffer come the spring – she was an old wife mind you, so I've no idea whether her theory had any substance to it.

4. That's it, Leicester have had yet another 1-0 victory. So, ever the optimist, I'm definitely going to put a tenner on England to win Euro 2016.

If Leicester can will the Premier League then surely our boys can finally achieve something? I realise they gave with one hand against the Germany and then took it all back against the Dutch, but most of the other



qualifiers have nowhere near the talent Roy Hodgson can call upon.

5. Finally, I'm sure we've all sent the odd email to someone we didn't mean to. Hit the reply button when we meant to forward it. Well, this week I did exactly that. I won't reveal the full details of my shame here but I will say that Graham Moonie, press officer for Sadiq Khan, was extremely good about it.

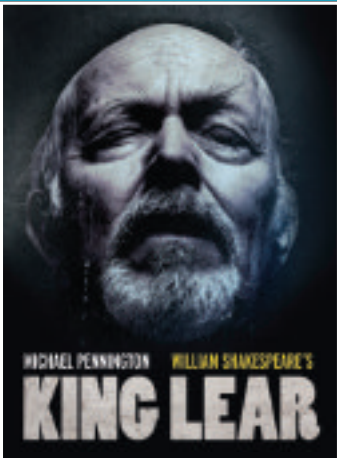
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AN EXCEPTIONAL SEASON OF THEATRE IN RICHMOND THIS SUMMER

A poster for the Rocky Horror Show featuring a woman in a top hat and a patterned jacket, with her arms raised in a dramatic pose. The background is dark with blue light rays.

RICHARD O'BRIEN'S
ROCKY HORROR Show

MON 2 - SAT 7 MAY

A black and white portrait of an older man with a beard, looking slightly to the side. The background is dark.

MICHAEL PENNINGTON WILLIAM SHAKESPEARE'S
KING LEAR

MON 9 - SAT 14 MAY

THEATR NA NÓG PRESENTS A TNN PRODUCTION

TOM
A STORY OF TOM JONES, THE MUSICAL

A collage of three images showing different scenes from the musical Tom Jones, featuring actors in period costumes.

TUE 17 - SAT 21 MAY

LISA MAXWELL AS JUDY GARLAND

TALK OF THE TOWN
END OF THE RAINBOW

BY PETER QUILTER WITH GARY WILMOT & SAM ATTWATER

TUE 24 - SAT 28 MAY

northern ballet

A poster for the ballet Jane Eyre, showing a woman in a white dress running through a field. A large rabbit is visible on the right.

JANE EYRE tortoise & the hare
a ballet for children

TUE 31 MAY & WED 1 JUN

BRAND NEW LIVE SHOW!

Peppa Pig
Peppa Pig Surprise!

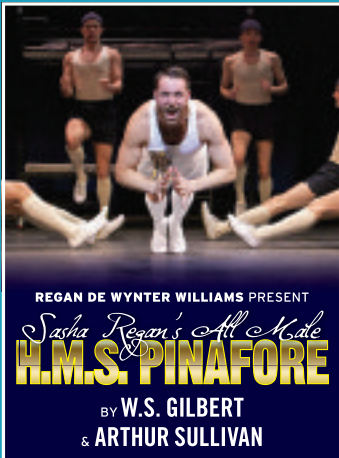
A poster for the Peppa Pig live show, featuring Peppa Pig and her family in a grassy field.

SAT 4 & SUN 5 JUN

REGAN DE WYNTER WILLIAMS PRESENT

Sasha Regan's All Male
H.M.S. PINAFORE

BY W.S. GILBERT & ARTHUR SULLIVAN

A poster for the musical H.M.S. Pinafore, showing a group of men in white shirts and dark shorts, some sitting on the ground and some standing.

TUE 14 - SAT 18 JUN

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Three circular portraits of the main cast members of the TV show Heartbeat.

STARRING
DAVID LONSDALE STEVEN BLAKELEY
MATT MILBURN

MON 20 - SAT 25 JUN

A poster for the play Brideshead Revisited, featuring three actors in period costumes sitting on a bench.

EVELYN WAUGH'S
BRIDESHEAD REVISITED

Adapted by Bryony Lavery
Directed by Damian Cruden

WED 29 JUN - SAT 2 JUL

HELEN GEORGE

AFTER MISS JULIE

A VERSION OF STRINDBERG'S 'MISS JULIE' BY
PATRICK MARBER

A poster for the play After Miss Julie, featuring a woman in a white dress sitting on a chair.

MON 11 - SAT 16 JUL

William Nicholson's

SHADOWLANDS

DIRECTED BY ALASTAIR WHATLEY

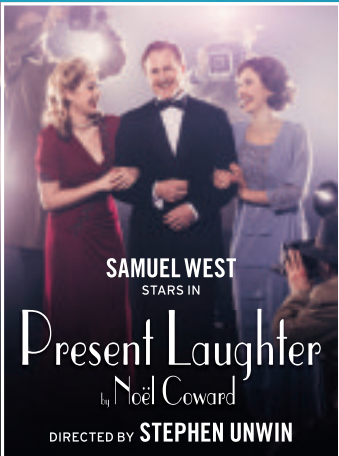
A poster for the play Shadowlands, showing a man in a graduation cap and gown standing next to a woman in a red dress.

MON 25 - SAT 30 JUL

SAMUEL WEST STARS IN

Present Laughter
by Noel Coward

DIRECTED BY STEPHEN UNWIN

A poster for the play Present Laughter, featuring a group of people in period costumes.

MON 1 - SAT 6 AUG



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"I had treatments by an osteopath, a physiotherapist and a sports therapist but nothing eased the pain," explained Andrea.

Her job requires her to frequently walk and stand, so life was becoming unbearable. She was also unable to partake in her favourite hobby, running.

Andrea saw an advert for Foot Solutions and decided to pay them a visit. "I just turned up hoping that someone would be able to help me," she said, "and it was the best decision I have ever made."

"The staff were knowledgeable, helpful and attentive and after half an hour of tests and examinations they found a solution. It was the most fantastic service I could have imagined."

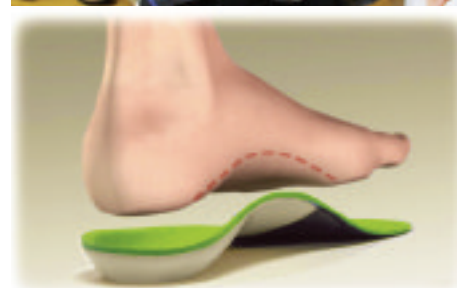
Foot Solutions provided Andrea with custom shoe inserts and a special device to help stretch her foot at night.

"The device gave me immediate relief from the pain, allowing me to sleep better and when the inserts were fitted in my shoes, it made a huge difference."

"I had faced the prospect of never being able to wear high heels again – but I can now wear them for up to 14 hours if necessary."

"I don't suffer at all now," confirmed Andrea, "I can do my job and go running without pain. I will never buy shoes anywhere else again."

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Whitney — Queen of the Night



THIS WEEK'S REASONS TO GO OUT

MUSIC – Whitney – Queen of the Night at Epsom Playhouse on Friday. Celebrate the life and music of the one and only Whitney Houston with a cast featuring West End star Rebecca Freckleton belting out the hits. Tickets cost from £22. Go to epsomplayhouse.co.uk

MARKET – Pop up Market in Sutton High Street from 10am to 5pm on Saturday and Sunday. Sutton's brand new monthly pop-up market launches this weekend selling a wide variety of vintage goods,

arts and crafts, street food and jewellery.

FAMILY – Storystock – Circus of Stories at Omnibus, Clapham, (from Wednesday) until Friday. A travelling story circus rolls into town with live literature acts and celebrations of Shakespeare as well as Beatrice Potter's 150th birthday and Roald Dahl's 100th. There will be live shows, storytelling, creative workshops, parties, a treasure hunt, author signings, all-day doodling and more. Go to omnibus-clapham.org

THEATRE – The State We're In

at Theatre503, Battersea, from Tuesday (April 12) to Saturday (April 16). Four playwrights dig in to the big issues, from policing to the NHS to welfare and immigration in four plays at Theatre503. Tickets cost £12 or £10 concessions. For further information visit theatre503.com

COMEDY – Roy 'Chubby' Brown at New Wimbledon Theatre on Friday. Get ready for some rude, crude comedy as Chubby returns to turn the town blue. Tickets cost £27. Go to atgtickets.com/Wimbledon for more information.

Chubby Brown



What's on

The Mystery Jets have come a long way from playing around on Eel Pie Island and releasing their debut album a decade ago.

This summer the band will support Mumford and Sons at one of the capital's biggest festivals, Barclaycard presents British Summer Time Hyde Park and with a crowd of up to 110,000 people, it will be one of the biggest gigs of their lives.

Guitarist William Rees told us: "We can't wait. It is going to be a great date, we're very much looking forward to it. I think that's always an exciting thing when you are playing a big stage in a place like Hyde Park. It'll be up there with the biggest."

With the July 8 show several months away, he said the band were excited to get out there and play.

He said: "It is just pure excitement at this stage although it will probably turn in to nerves a little nearer the time. As we're climbing the ramp to the stage, that will be a bit nervous I imagine."

And while it is a massive show, the boys will be treating it like any other.

William said: "There are lots of other things you can get into when you play big concerts but because we are supporting and it is not our own headline show, things like pyrotechnics and suspending people off wires and flying them into the crowd isn't something we're going to get into just yet."

Earlier this year, The Mystery Jets released their fifth album *Curve of the Earth*. It was their first record in three years and has been well received.

William said: "If I'm honest, for me, I think it's the best album we've made. I think it says everything we have been trying to say on a 45 minute album."

"We have got closer and closer to being able to do that so I am really over the moon with how it has turned out. We spent a long time working on it, about three years, so I think having faith in the project and sticking to our guns and not rushing it really turned out to work in our favour."

The record saw them move to their own studio, a disused button factory in north west London, which William said helped make the album stronger.

He said: "It kind of turned out to be the best thing for us, really, because it meant we could work day and night and take as long as we want until we were happy with the results."

While the band has now moved north of the river, their roots are still very much in south London.

William said: "The band kind of got together in Twickenham, we used to rehearse on Eel Pie Island."

"We spent years and years in our teenage years and early twenties making music there and having fun on boats in the river and drinking in pubs – or trying to drink in pubs."

"We do often go back. Blaine's dad, Henry, lives on Eel Pie so we often go there for the afternoons and write lyrics and stuff."

Mystery Jets support Mumford & Sons at Barclaycard presents British Summer Time Hyde Park on 8 July. Go to bst-hydepark.com

JET POWER

Guitarist William Rees talks to JIM PALMER about the Mystery Jets' new album and their gig at British Summer Time Hyde Park...



I think it's the best album we've made. It says everything we have been trying to say on a 45 minute album...



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WORLD OF WORDS



The Midnight Run
Oliver Holms

Balham will welcome its first ever Literary Festival this summer with award-winning authors set to appear.

The inaugural Balham Literary Festival will be held at The Bedford from Friday, June 10, to Sunday, June 12, with Costa Prize winner Helen Macdonald, Robert Macfarlane, China Mieville and performance artist Inua Ellams among the writers attending.

The three-day festival is curated by one of the country's most renowned independent book shops, Dulwich Books and carries the theme A Way of Being in the World.

The Midnight Run, an interactive nighttime walking tour of Balham stuffed with performance, kicks off the festival with a taster event on June 4 before things get fully underway on June 10.

Dulwich Books' Susie Nicklin said: "We are all connected to our landscapes, whether urban, rural or those inside our heads, but how do we bring them to life?"

"There are people – writers, photographers, musicians, artists across all genres – who describe and animate our surroundings with insight and verve, and we are delighted to welcome some of the greatest of these to our festival in June 2016."

Tickets on sale now. Go to balhamliteraryfestival.co.uk



REVIEW THE HUNTSMAN: WINTER'S WAR (12A)

A giant lump of a bloke with a dodgy Scots accent goes on a quest in a quasi-medieval, fairytale kingdom with his wise-cracking little chums and finds love with a strong woman very much like himself – no, it's not another Shrek movie, it's a Snow White sequel.

Specifically, a sequel to 2012's dark retelling Snow White and the Huntsman minus Kristen Stewart's Snow White.

In events set before the first film, Chris Hemsworth's Eric and Jessica Chastain's Sara are huntsmen in Ice Queen Freya's (Wandsworth's Emily Blunt) army. They fall for each other but love is banned and they are separated.

Back to the aftermath of Snow White, the Hemsworth's

Huntsman is sent on a quest to retrieve the stolen magic mirror, mirror on the wall. It's crucial he gets to it before Freya because it will give her unstoppable power to take over Snow White's kingdom and make it all icy.

It is a fun, steady romp clearly inspired by the Lord of the Rings and Game of Thrones with its medieval-ish fantasy settings, vast plains of forest (much of it shot in Surrey), goblins that look like Orcs, bloody battles and the like.

Entertaining but not mind-blowing, it will likely keep fans of the genre entertained as it fails to really ignite, even when Sara and Eric are mysteriously reunited.

The bloodiest battles occur

off-screen but set-pieces like Sara and Eric's (literal) fight to stay together, a rock climb and slide down a rooftop and the final showdown are impressive, particularly in 3D.

Long of hair, Chris Hemsworth does the broody action stuff well and possesses a cheeky look powerful enough maintain the sense this a fun adventure film.

Chastain's Sara is more intense, earnest and solid enough. Both have to deliver dialogue spoilt by its olde-English affectation and sport Scottish accents that are at times infuriating, though should we let them off because they're actually from a fairytaleland and not Scotland?

Blunt gives a more subtle

turn as the conflicted ice queen, blocking out love because of grief, and she dutifully refuses to be overwhelmed by a more ostentatious turn from Charlize Theron, reprising her role as evil queen Ravenna and clearly relishing the opportunity to go full, eye-bulging pantomime baddie as much as the audience will.

But the real highlight are the dwarves. There's just four of them – Twickenham-dwellers Nick Frost and Rob Brydon as Nion and Gryff and Alexandra Roach and Sheridan Smith as Doreena and Mrs Bromwyn.

They share most of the best lines, with some pithy one-liners that keep the tone on an even keel, stopping things getting too over-earnest.

Out now.



ENJOY PIZZA & PETULA

Epsom's pop idol Petula Clark has inspired the new look of one of the town's restaurants.

Pizza Express in South Street has been transformed and now includes artwork paying tribute to Clark, who was born in Epsom in 1932.

The 83-year-old's biggest hit was Downton and her career as a singer, actor and composer spanned seven decades.

Artwork in the restaurant includes covers from her albums and singles and posters from her famous acting roles, as well as song titles and lyrics from her biggest hits on the walls.

Each Pizza Express is individually designed using well known places, events or people as an inspiration.

Wandsworth's is inspired by the historic Ram Brewery, Caterham's honours the town's actor Bill Nighy, Beckenham has a tribute to David Bowie and Chislehurst Sir Malcolm Campbell.

CHORTLE FOR CHARITY

Stand-up comedian from the telly Jon Richardson (pictured) is hosting a night of comedy featuring three of his best friends to raise money for a Surrey homelessness charity.

The star of 8 Out of 10 Cats and Live at the Apollo will be joined by Edinburgh Comedy Award nominee Seann Walsh, comedy magician Pete Firman and comedian, raconteur and occasional magician Danny Buckler will perform at The Secombe on Sunday, April 10, in aid of the York Road Project.

Tickets cost £16. More at suttontheatres.co.uk



A TASTE OF THE COUNTRY



The countryside is coming to south London for the May Day bank holiday.

The Country Show will return to Morden Hall Park from 10am to 6pm from April 30 to May 2.

Organiser Oakleigh Fairs is promising visitors it will be 'even better than ever' with family-friendly entertainment including a sheep show, terrier racing, a goat show, birds of prey, a circus workshop, The Dog and Duck Show, historic reenactments, Morris dancing and brass bands.

The Companion Dog Show on the Monday is open to entries, with proceeds going to Marie Curie Cancer Care while activities to be sampled include basket making, pole latheing, beekeeping and braiding, spinning and weaving.

There will be a traditional children's fairground and bouncy castles and the chance to buy all kinds of country goods.

Entry to the event costs £7.50 or £6 concessions and £3 children under 16. Under fives go free.

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Sandown Park Racecourse's General Manager Phil White

Last month we hosted our annual Grand Military Gold Cup day, during which the bravery and dedication of the British Armed Forces is celebrated. We saw some jubilant celebrations as regular military amateur rider, Erica Bridge won the feature race for the first time, on board Jennys Surprise. By winning the Grand Military Gold Cup Jennys Surprise completed the double – winning both military races held at Sandown. The horse's jockey for the first leg of this feat was Brodie Hampson, she won the Stobart Jockey of the Month Award for their performance and was presented with her prize on Channel 4 Racing - so it was quite a month for all involved!

The crowd enjoyed a host of entertainment throughout the afternoon, including music from the military band and the magnificent spectacle of a parade of hunt hounds. We also raced the following day, with our feature race the Imperial Cup being won by Flying Angel and Ryan Hatch. The pair then went on to finish second in a race at the Cheltenham Festival the following week.

We are gearing up for our bet365 Jump Finale on 23 April, where we will be crowning the equine and human champions of the British Jump season at Sandown Park. At this fixture last year we sent the 20-time Champion Jump Jockey Sir Anthony McCoy into retirement, so this year we will be crowning the first new Champion Jump Jockey in two decades! We are delighted to welcome Sir Anthony back to Sandown Park to present his former Weighing Room colleague and friend, Richard 'Dickie' Johnson with the trophy. This is one of six awards that are presented on the day and racegoers will also have the chance to see up close some of the equine champions from the British Jump season in our Parade of Champions.

There will also be a range of other activities on site, so it promises to be a great day. Keep an eye out on our social media channels for updates about the day. We encourage you to get involved in our #WearTheBow campaign, by wearing a bow tie to Sandown on 23 April to show your support for Richard 'Dickie' Johnson's Jockey title win after 16 years as runner-up to AP McCoy. Visit sandown.co.uk.

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MORTGAGEMINEFIELD

Can overpaying your mortgage save you money?

Have you made a resolution to tackle your mortgage in 2016? Do you have any disposable income that could be offset against your mortgage?

If the answer to either of those questions is yes, you may be considering overpaying your mortgage. But is it the right decision for your circumstances? Here, the Money Advice Service sets out some rules of thumb to help you decide.

When overpaying your mortgage could be the right choice...

By overpaying on your mortgage, you could potentially make big savings on your interest and cut years from your mortgage term.

So, for example, if you have a repayment mortgage of £150,000 that you're paying back over 25 years with 4.75 per cent interest, your current monthly mortgage payments

would be £855.17.

However, paying an extra £150 a month would cut your mortgage from 25 years to 18 years and 10 months.

You'd have reduced your mortgage term by six years and two months and you'd have saved more than £29,000 in interest payments, which could be a great use of any spare money.

The first thing you should do is complete a budget and work out your outgoings and income to see if you could afford making additional payments or a lump sum payment against your mortgage. Then you should speak to your lender.

If your mortgage interest is charged daily, then the sooner you make the overpayment the better. However, if it's charged annually, then you need to time your overpayment so that it counts towards the calculation of the interest for the year.

Some mortgage deals also have a limit on the amount you can overpay – make sure you find out first, or you could have to pay a penalty charge.

Do you owe money elsewhere?

There are some circumstances in which any extra money could be better spent elsewhere or put aside for other expenses or an emergency fund. Most importantly, you should consider other debts first.

So, if you owe money on a credit or store card or if you have a personal loan, you should think about paying them off before making any extra payments on your mortgage.

That's because you'll pay a lower rate of interest on your mortgage than on these other types of debt.

Having some rainy day money is also a good habit to get into – try to save enough to live on for three months if you can.

Take a look at our video for a two-minute digest of your mortgage overpayment options.

Will interest rate rises affect your mortgage?

Interest rates look set to rise at some stage. If you have a variable rate mortgage, you should find out what effect this could have on your monthly payments and set aside some money in case interest rates do go up.

For example, if you're repaying a mortgage at 3 per cent APR (Annual Percentage Rate) variable, would you still be able to keep up with repayments if your lender changes the rate to 6 per cent APR?

If not, another option would be to consider a fixed rate mortgage deal.

If you want to see how interest rates will affect your mortgage then visit onthemarket.com





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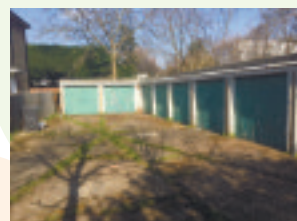
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CHRISTOPHER RONALD SCRUBY
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- if relevant, complete form BD8 given to you when you register the death and send to the local Jobcentre Plus or Social Security
- if the person who has died was receiving any benefits or tax credits, advise the offices that were making the payments - if you can't find relevant correspondence, use the links below to the tax credit helpline and Jobcentre plus

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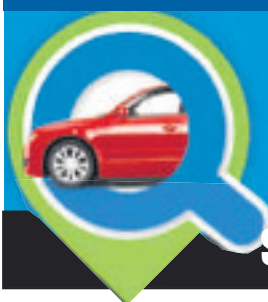
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Kingston Guardian has launched its all-new Cars page where customers can find incredible offers on local used cars. Our new website offers a unique way of finding you the perfect next car by compiling and comparing the best offers from trusted car dealers in south-east London.

How it works:

1) Browse deals. Scroll through the best used car deals from trusted local dealerships. Use our search by budget feature to get the best used car deal within your budget. Our deals are kept up to date in real time, so as soon as one of their cars is sold it's replaced with another great deal!

2) Search. If you're in the market for a specific car then kingstonguardian.co.uk/cars will display the best deals for that model from trusted local dealerships.

3) Save. We know the importance of getting the best deal and saving money when buying your next car. Once you have found the right deal, you will be lead directly to that car on the dealer's website for all the information you need about that car.

The new Cars page aims to change the car buying experience by focusing on three aspects:

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The website compiles and compares offers from dealerships all across south-east London to ensure you find the best deal.

LOCAL HUB – Buying locally is safer and more convenient. It means it's easy for you to check the car out and test drive before purchasing, and avoiding delivery charges. Buying local also means you can take the car back easily should you have any problems with it after you've bought it.

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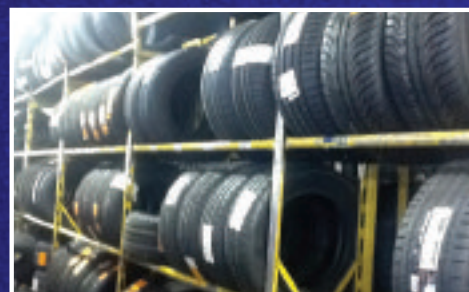
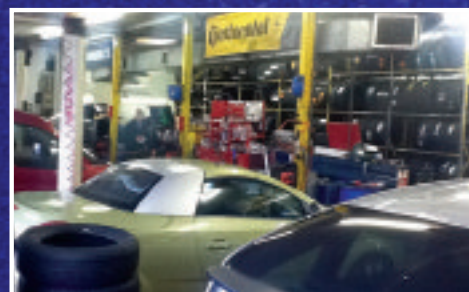
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Lucky 13 for Casuals' hero Okojie

IT may not have been the prettiest goal of the season, but Shaun Okojie's late scrambled winner against East Grinstead Town could be the most important, according to boss James Bracken. Okojie's 13th goal of the season on Saturday was the difference in a 1-0 win that extended Casuals' unbeaten run to three games, and kept them four points

off the Ryman Division One South play-offs ahead of Tuesday night's visit of Carshalton Athletic.

Bracken, pictured, said: "We deserved to have the game won well before the winner, and that's as an important goal as we've had all season."

For more Casuals news go to kingstonguardian.co.uk/sport.



Double: Andre McCollin has 12 goals so far this season

Ks still in the play-off race

KINGSTONIAN boosted their chances of reaching the Ryman Premier Division play-offs thanks to a 2-1 win over high-flying rivals Bognor Regis Town on Monday night.

Ks would have been in a better position had they not been held to a 2-2 draw with Lewes at Kingsmeadow on Saturday – which saw the Sussex side relegated.

Ahead of the mid-week games, Ks are two points off the play-offs with five games to play, starting with a trip to relegation-threatened Brentwood Town on Saturday.

Andre McCollin bagged both goals in the win over Bognor Regis, taking his tally to 12, and Dan Bennett and Matt Pinnock scored against Lewes.

Their efforts meant Ks were unbeaten in three matches ahead of Wednesday's Alan Turvey Trophy final clash with Faversham Town.

For pictures and reaction, go to kingstonguardian.co.uk/sport.

Ks are holding trials for their U18s side – anyone aged 16 to 17 years old looking to play in next season's Ryman Youth League should head to Dinton Field on St Agatha's Drive on April 14 or April 21 from 5.30pm. Players must register in advance by sending their name, address, date of birth and current/previous clubs to kingstonianrymanu18@gmail.com.

RIO 2016: Preparations are the key for Surbiton's sailing medal hopeful

Queen of the waves

REPORTER
KATIE FALKINGHAM
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SURBITON sailor Nicola Groves is determined to make Rio a home away from home as she prepares for her Olympic bow.

Groves was named on the Team GB sailing team last month for the 2016 Rio Olympics, set to compete in the new Nacra 17 class alongside Ben Saxton.

Having first joined forces in September 2014, Groves and Saxton were an almost immediate success and won a World Cup silver medal in Miami last year, before claiming gold at the European Championships in September.

Groves is adamant her previous experiences of sailing in Brazil will pay off big time when the Games get under way this summer.

"Preparations are going really well so far, we're in a good place, especially since becoming European champions," the 26-year-old said.

"We're working really hard towards Rio and spending a lot of time there and we've got a few regattas coming up for a bit more practice."

"We've been to Rio quite a lot recently, which gives us



Ready: Nicola Groves, right, with fellow Brit Frances Peters, has made Rio a home away from home in recent years

a bit more confidence going into the Games. I've been going there since about 2013.

"The Nacra is the fastest event at the Olympics, so it should be good fun."

Although Groves is now preparing to make her Olympic bow, it was not that long ago that she was representing the University of Exeter.

More than 60 per cent of gold medallists since 1992 have participated in BUCS sport, with 56 members of Team GB at the London 2012 Olympics competing for

Great Britain at the World University Games.

In 2009, Groves helped the University of Exeter win the BUCS Fleet Racing Championships and she insists these early experiences are what helped her get to where she is today.

"Competing for my university was a long time ago now, but I had an absolutely great time racing with friends who I still see now," she added.

"I had a wicked time doing the circuits all around

the universities and you get friends from all over the country as well.

"I think taking part in BUCS and in team racing at university was important in getting me to where I am today. I didn't do the Olympic sailing through my time at uni, so it kept me on the water and maintained my skills."

British Universities & Colleges Sport (BUCS) is the national governing body for Higher Education (HE) sport in the UK.

Watson romps home to maiden Bushy Park triumph



First past the post: Robin Watson, left, broke the tape at Bushy Park ahead of his rivals on the start line, right

ROBIN Watson may not have run the Bushy Park parkrun before, but it did not stop him winning on Saturday.

Running in his very first

parkrun event, Watson clocked 15 minutes 43 seconds to break the tape 52 seconds ahead of his rivals.

The race for second was

much closer, but Anthony Jackson (16:35) pipped Toby Brimecome (16:36).

The women's race was won by Charlotte Chalwin, who

clocked 19:21 in the colours of Basingstoke & Mid Herts AC.

For video action from the morning's race go to kingstonguardian.co.uk/sport.

SPORTSbrief



ATHLETICS: Kingston AC & Polytechnic Harriers claimed the Sward Trophy at the Kinniard & Sward meeting on Saturday. Gareth Cook, Andy Wheble, Bilen Ahmet, Gordon Lester, Chris Hall, Humphrey Waddington, Chris Dack, Alex Meaklim, Pippa Wingate, pictured, and Jessica Whatley were all triumphant as the club sealed the field events silverware. Kingston & Poly finished runners up in the Kinniard competition on the track, behind Epsom & Ewell. For the complete story go to kingstonguardian.co.uk/sport.

RUGBY UNION: Kingston's fate in Surrey One had already been decided before last weekend's 51-19 defeat at home to Old Whitgiftian – they will be playing Surrey Two rugby next season. The mid-table clash in London Division Three South West between Old Tiffinians and Farnham ended all square at 18-18. With two games remaining, beginning with Eastleigh's visit to the Gristles Memorial Ground on April 16, the Old Boys are seventh in the table.

BOWLS: The Surrey County Indoor Bowling Association came within 12 shots of being crowned the Inter County Six Rink Over-60s champions. After wins over Kent, Sussex, Essex and Dorset, Surrey, featuring Richard Wooster and Martin Tuck of King George Field IBC, came up short against Northampton going down 130-118.

FOOTBALL: Kingstonian Ladies are celebrating after they secured the Surrey County Women's & Girls' League Premier Division on Sunday without even kicking a ball. The ladies were due to face Crystal Palace, but when the Eagles were forced to withdraw, Ks were handed the three points they needed to claim the title. Ks still have four league games to play, as well as the League Cup final against Egham Town on April 17. Their next league outing is at Dorking Ladies on Sunday.

PARKRUN: Juliet Cleghorn waved the Stragglers flag at the Riddlesdown meeting on Saturday, breaking the women's tape in 20 minutes 20 seconds.



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